# Project YES

# Feeling stressed?

Try a free **5-minute mini-course** to help you feel a little better.

## Why Project YES?

- Free to use
- 100% anonymous
- Completely ad-free
- Made by mental health experts
- Available 24/7

## Scan to start!

No sign-up needed

**www.tryprojectyes.org/montana**

*"This is the most amazing experience ever! You guys are life savers, you've helped me and so many other people, keep doing what you do. Much love ❤️❤️"*

**Need help right now?** Call or text 988, anytime.

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